

REGINA
metro®

NEWS
WORTH
SHARING.

www.wishhomelottery2013.ca
What's YOUR \$1 Million WISH?
 Your dream built home since Feb. 1st - March 31st
 \$1 million dollars cash!

NOT LIKE ON THE DISCOVERY CHANNEL?

AUBREY PLAZA'S NEW FILM GETS CANDID ABOUT THE ART OF GETTING IT ON FOR THE FIRST TIME

PAGE 8



FREE MOVIE in Victoria Park!
PETER PAN
 PRE-MOVIE FUN AND GIVEAWAYS START AT 8
 MOVIE STARTS AT DUSK
WEDNESDAY JULY 24
 NEXT WEEK: *Wreck-It Ralph*
Cinema UNDER THE STARS
 Potash Corp.

THURSDAY, JULY 25
SHOTGUN JIMMY
 FWY HILL MALL AT NOON
 Regina Region Summer Stage
 Cinema & Dream
REGINA DOWNTOWN
 REGINA33757WILLER

The birth of a new royal era

Renaissance. Will, Kate and their son helping to ensure monarchy thrives well into 21st century

A crowd cheered, hundreds of cameras clicked and an image of familial perfection was beamed around the world.

Prince William, his wife, Kate, and their infant son, the Prince of Cambridge, emerged Tuesday from London's St. Mary's Hospital to start a new chapter in their lives — capping a remarkable turnaround for a monarchy that had ended the 20th century at a low point of popularity.

The outpouring of public and official enthusiasm — including artillery salutes, marching bands and landmarks illuminated blue for the royal baby boy — showed that Britain's Royal Family is back in its subjects' affections, especially now that it has an adorable infant heir, third in line to the throne, whose given names

have yet to be announced.

"It's had its ups and downs in public opinion," said veteran royal commentator Dickie Arbiter. "But in the last 20 years it has had more ups than downs."

If the Queen gives the family gravitas, the emergence of a young generation that includes William, his brother, Prince Harry, and the glamor-

ous Kate gives it celebrity.

William's work as a search-and-rescue helicopter pilot, Harry's army service in Afghanistan and Kate's girl-next-door charm have all proved assets. Even seeming faux pas such as Harry's strip-billiards antics in Las Vegas have done little but burnish his popularity.

THE ASSOCIATED PRESS
MORE COVERAGE, PAGE 4

Can you spot the homage?



Both new mom Kate and the late Princess Diana looked lovely in similar polka-dot dresses, which they wore the first time they showed their offspring to the world, 31 years apart. Kate's flowy baby-blue number appears to have been a tribute to Diana, who appeared in a teal frock the day she and Charles took home a newborn Prince William. Expect to see copycats — preppers, post-baby or not. **METRO**



The Duke and Duchess of Cambridge and their son, who was born Monday, leave the Lindo Wing of St. Mary's Hospital in west London Tuesday. JOHN STILLWELL/POOL/THE ASSOCIATED PRESS

Fanny's
 Furniture Kitchens
www.fannysfurniture.ca

Kekuli Bay
 CABINETS
www.kekulibaycabinetry.com

It's Good To Be Canadian, Eh?

Solid Wood, Canadian Made Furniture
1217 Broad Street 306-545-9818





TIME IS RUNNING OUT!

LAST DAY FOR EARLY BIRD!

GRAND PRIZE #1 Worth over \$1.4 Million Retail!



GRAND PRIZE #2 Worth over \$1.2 Million Retail!



GRAND PRIZE #3 Worth over \$187,000 Retail!



4 VEHICLES Worth over \$194,000 Retail!



1 - 2013 ACURA MDX PREMIUM
Supplied by: Acura Centre of Saskatoon



1 - 2013 HYUNDAI ELANTRA 4 DOOR GLS
Supplied by: Hyundai of Regina



1 - 2013 CHEVROLET SILVERADO CREW CAB 4X4
Supplied by: Wheaton Chevrolet, Regina



1 - 2013 LINCOLN MKZ
Supplied by: Capital Ford Lincoln, Regina

WIN 2,205 PRIZES WORTH OVER \$3.7 MILLION RETAIL!

BUY YOUR TICKET NOW!

\$60 EACH, 2 FOR \$100, 6 FOR \$250

Total tickets printed 152,200.

FINAL CUT-OFF JULY 24, 2013

PLEASE VIEW OUR WEBSITE FOR FULL LISTINGS OF LOTTERY RULES.

1-855-449-2444

starslotterysaskatchewan.ca



Bank card scams 'skimming' Regina residents from L.A.

Investigation. Regina police confirmed 35 fraud reports made within the past week — most involving withdrawals made through California



ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

Thirty-five bank accounts belonging to Regina residents have been compromised within the past week, according to city police.

David Bojic is among the victims.

After a co-worker mentioned that her bank had called her to report a "skimming" of her money, Bojic checked his account. He found that more than \$1,000 had been withdrawn in Los Angeles from his credit union account.

"While I was checking my account, we got a call from the bank saying over \$1,000 had gone through," Bojic, an exercise therapist, said on Tuesday.

Bojic added that he knows five other Regina residents, including his sister-in-law — customers of various banks —

who have also been scammed within the past couple of days.

Those victims lost their money, in various sums, on Saturday and Sunday — also through Los Angeles-based withdrawals. However, they don't know where, when and how their cards were compromised.

"I have no idea," Bojic said. "Obviously, you get concerned and try and think about when it could have possibly happened."

When Bojic made a report to Regina police on Monday, he came across several others waiting to fill out forms regarding apparently similar skimmings of their bank accounts. Every one of those victims, though, did not file reports due to a lack of correct documentation.

"A lot of them didn't have their bank records," Bojic said, adding that a police report is needed to make a bank claim.

Regina police confirmed they are investigating 35 fraud reports made to them within the past week, the majority involving withdrawals made through California. Investigators suspect some of the skimming was done in June.

"I think the reports within the last month or so would be a definite increase to what we normally see," said police



Regina resident David Bojic had more than \$1,000 stolen from his credit union account this past weekend. ROSS ROMANIUK/METRO

spokeswoman Elizabeth Popowich. "It means that there has been some activity — a person or persons unknown have had

some success with it."

Police are reminding the public to keep their eyes out for signs of tampering on ATMs

and debit machines — especially if the machines are unattended — and to keep close watch on their bank statements.

Optimist baseball facility celebrates 50 years



Regina Optimist Baseball Association volunteers Wendy Mitchell and Brian Rankin MARCO VIGLIOTTI/METRO

Host to countless tournaments and minor-league games over the years, Regina Optimist Baseball Park is marking its 50th anniversary with a birthday bash this week.

On Saturday, Mayor Michael Fougere, provincial cabinet minister Christine Tell and other boosters will commemorate the facility during a special celebration, free to the public.

"Our celebration ceremony will start at 6 p.m. (and) we'll be having cake and some base-

ball," said Wendy Mitchell, vice-president of the Regina Optimist Baseball Association, which runs the facility and provides most of its capital funding. "We're trying to get as many people out to the park for that evening to show some support."

The ceremony will also act as a kick-off for this weekend's provincial midget baseball championship, one of many top-tier competitions hosted at the Dewdney Avenue field every year.

The families and players flocking to the park — which held a children's baseball camp hosted by the major-league Toronto Blue Jays in 2011 — provide a crucial boost to Regina's tourism industry, Mitchell said.

"It generates a lot of tourism because you get people coming from all over Canada," she said. "They're staying at hotels, seeing the sights of the city."

Construction of the park was completed in 1963 after the City of Regina agreed to

terms with the local Optimist Club — an international charity dedicated to improving the lives of young people.

The Optimist Club continues to maintain the facility with an all-volunteer staff, except for a seasonally employed, full-time groundskeeper.

Park association vice-president Brian Rankin said the group deserves praise for its stewardship and financial support of the facility.

MARCO VIGLIOTTI/METRO

Heads up, Buckle up

Bad drivers beware

Police across Saskatchewan will be on the lookout on Wednesday and Thursday for aggressive drivers, jaywalking pedestrians and seatbelt scofflaws as part of a monthly traffic safety blitz titled Operation Heads Up, Buckle Up. **METRO**

ThinkSask.ca

Golfer DeLaet new Saskatchewan ambassador, sort of

PGA golfer and Weyburn native Graham DeLaet has become the first ambassador for a non-profit group of private companies tasked with promoting Saskatchewan outside its boundaries.

As part of an agreement with the Saskatchewan Ambassador Alliance, DeLaet will sport a golf shirt emblazoned with the ThinkSask.ca logo when he competes at this weekend's RBC Canadian Open at the Glen Abbey golf course just outside Toronto.

ThinkSask.ca is a provincial government website encouraging people to live in, visit and invest in Saskatchewan. **METRO**

32 pounds of pot

Police seize drugs, cash and even pesos in raids

Regina police have arrested four people after seizing about \$100,000 worth of marijuana and cash in drug raids. In an effort led by the Regina Integrated Drug Enforcement Street Team

(RIDE), officers seized approximately 32 pounds of marijuana with an estimated street value of \$80,000, from three homes and a vehicle on Monday. Police also seized more than 100 grams of cannabis oil, in addition to \$43,000 in cash and nearly \$13,000 in Philippine pesos.

Four suspects face drug trafficking charges and were scheduled to appear in court on Tuesday morning. **METRO**

1 NEWS

Let it be free. Survivors of Lac-Mégantic disaster invited to see Sir Paul

Hearing music icon Paul McCartney play Tuesday night on Quebec City's historic Plains of Abraham is a little more special for Caroline Tremblay than the average rock fan.

Her husband was a big admirer of the former Beatle.

Tremblay's husband, Guy Bolduc, was among the dozens killed when fireballs from an exploding train devastated Lac-Mégantic's downtown and engulfed the bar where he was performing.

"He adored Mr. McCartney," Tremblay wrote in a moving

letter to promoter 3 E Event, Experience, Emotion, which offered free tickets to the musician's show for Lac-Mégantic survivors.

"You have allowed my children and me to discover the musical universe of this great artist and (a chance to) bathe in music at a party surrounded by our friends."

The free ticket idea was floated to McCartney's team by the promoter at the beginning of last week. The former Beatle's entourage quickly agreed.

THE CANADIAN PRESS

Train safety

Transport Canada toughens rules

Canadian transportation authorities banned one-man crews for trains with dangerous goods Tuesday, responding to calls for tougher regulations after an oil train derailment in Quebec killed

47 people.

Transport Canada also said trains with dangerous goods will not be allowed to be left unattended on a main track. Hand brakes must be applied to trains left one hour or more.

The tragedy occurred when a runaway train carrying 72 carloads of crude oil derailed. THE ASSOCIATED PRESS

Will and Kate naming U.K.'s next generation

The first chapter.

British bookmakers have taken thousands of bets on the monikers George and James

Historic task

"Names do define an era."

Robert Lacey, a royal historian who has written books on Prince William's mother and grandmother

The Victorians. The Edwardians. The Elizabethans.

Royal names can define a generation. So imagine the pressure on the new parents to pick the right one.

Now that Prince William and his wife Kate have a baby boy — the third in line for the throne — they must choose the name for a royal who may take Britain into the 22nd century. They'll start by considering British monarchs from the past.

Elizabeth I offered her name to the golden era in which Britannia ruled the waves and the Elizabethans consolidated a renaissance of

national prosperity. Victoria's reign was defined by rapid industrialization with straight-backed Victorian morality. Her son, Edward VII, lent his name to the champagne and cigar period before World War I in which the rigid class system came under attack.

With so many people to please — inside and outside the palace walls — the House of Windsor is likely to pick more than one name for the boy who was born in London on Monday. After all, his father Prince William, a.k.a. William Arthur Philip Louis, has four.

There may be a nod to great grandfather Prince Philip, or grandfathers Prince Charles and Michael Middleton, Kate's



Britain's Prince William and his wife Kate, Duchess of Cambridge, hold the Prince of Cambridge, Tuesday. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

father. Or King Arthur. Or a host of other dead kings.

But the first name, that has

to hit the right note. It is likely to hang around a bit.

THE ASSOCIATED PRESS

Childcare jobs are born every minute.
Some have better perks than others.

Search more than 6,000 new job postings each week.

At Workopolis, everyone's job search gets the royal treatment. With the most jobs from Canada's top employers, we'll help you find a job faster. It's what makes Workopolis Canada's number one job site.

workopolis.com

#workopolis

WORKOPOLIS

"Number one job site" based on six-month average online job postings for period ending May 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.



Senator married to child obstructs vote on age, citing Shariah law

Nigeria. Protesters demand politicians revisit amendment in order to set the age of consent at 18

Many Nigerians are enraged, wondering how a senator notorious for marrying a 14-year-old girl can use Shariah law as an excuse to filibuster a constitutional amendment that has sparked a debate on the age of consent for girls.

Since the country's secular and Islamic laws clashed in the upper house of Parliament last week, concerned citizens are using petitions, protests and social networks to demand the Senate revisit the issue.

"Every Nigerian should bow his or her head in shame because instead of crushing the head of the lustful beast that seeks to fornicate with our children, to steal their

Child brides

- Sen. Yerima is notorious for his marriage to a 14-year-old Egyptian girl in 2010, when he was 49. He had divorced a 17-year-old whom he married when she was 15, to comply with Islamic law that allows a maximum of four wives at a time.

- Nobody knows quite how many thousands of girls are forced into marriage in Nigeria — some say more than 50 per cent of girls in the Muslim north.

virtues and to destroy their future, what the Senate did the other day was to compromise with and cater for the filthy appetites and godless fantasies of a bunch of child molesters and sexual predators," Femi Fani-Kayode, a traditional chief

and former Cabinet minister, fumed in a letter to The Vanguard newspaper Monday.

The vote was on an amendment to set the age when Nigerians can renounce their citizenship, but it has wider implications because it suggests when a girl is old enough to be married.

Currently, the constitution says only that a person must be of "full age" to renounce citizenship. The Senate had voted to approve an amendment to set the age at 18, to bring the clause in line with other laws setting the age of consent for marriage and voting.

But, after the vote was counted and against Senate rules and procedures, Sen. Sani Ahmed Yerima opposed the age limit.

"By Islamic law any woman that is married, she is of age, so if you now say she is not of age then it means that you are going against Islamic law," said Yerima. **THE ASSOCIATED PRESS**



A woman protests against underage marriages in Lagos, Nigeria. Nigeria's secular and Islamic laws clashed when a senator notorious for marrying a 14-year-old filibustered a vote to amend the constitution by insisting that a girl child comes of age when she marries — not at 18. SUNDAY ALAMBA/THE ASSOCIATED PRESS

Clean, Pure, Real.

Absolute Protein
Made with 100% Natural Ingredients

InterACTIVE Nutrition™ Absolute Protein™ is made entirely of 100% natural ingredients. Each formula provides an excellent source of dietary protein without artificial preservatives, sweeteners or flavours. Better still, all the raw materials in the Absolute Protein™ are derived from non-genetically modified sources that are screened for both pesticides and herbicides, including a Fonterra sourced 100% New Zealand Whey!

Isolate Protein
Whey Protein
Vegetarian
Soy
Rice

Certified GMP
GMO
Gluten Free

Whey Better Protein by: Shannon Kadlovski, BA, CNP

Advertisement

When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

When Choosing a Whey Protein Powder Consider These 4 Tips:

1. Choose New Zealand Whey – It is the cleanest and purest whey available. The New Zealand Dairy industry has incredibly high standards for product safety and the humane treatment of their cows. Their cows are never injected with growth hormones, antibiotics, genetically modified organisms, or any other chemicals.
2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.
3. Choose one that is cold temperature micro-filtered. This ensures the highest quality and biological value.
4. Choose an all-natural brand, free of artificial flavours and artificial colors.

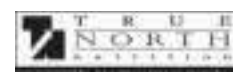
Absolute Smoothie Recipe

- 1 cup water or coconut water
- 1 scoop of Absolute Whey protein powder (or 2 tbsp.)
- 1 tbsp. chia seeds
- 1/4 tsp. matcha green tea powder or 1/4 tsp. spirulina powder
- 1/4 cup fresh blueberries
- 1/2 banana
- 1/4 tsp. cinnamon
- handful of kale
- * Toss all of the ingredients into a blender and blend until smooth and creamy



InterACTIVE
Canada's #1 Trusted Brand
For Clean & Pure Supplements

healthstore
locator
www.healthstorelocator.com



Look for InterACTIVE Absolute Series in local health food stores. Find your nearest health food store at www.healthstorelocator.com. For retailer & product information inquiries, please call True North Nutrition directly toll free at 1-800-261-4223.

ingdirect.ca

ING DIRECT
forward banking™



ING Bank of Canada and its subsidiaries have been acquired by The Bank of Nova Scotia and are no longer affiliated with ING Groep N.V. The trademarks ING, ING DIRECT, ING Lion, the ING Lion logo and any derivation, variation, translation or adaptation thereof are trademarks of ING Groep N.V. and are used under license.™ THRIVE Chequing and forward banking are trademarks of ING Bank of Canada. * Payroll must be deposited into a THRIVE Chequing Account between June 1, 2013 and September 30, 2013. Limit of one (1) bonus per Account, per Client. Offer available to new ING DIRECT Clients only. Chequing Account rates are annualized and are current as of today's date and are subject to change without notice. Interest is calculated daily and paid monthly in the case of our Chequing Accounts.

► Give your
paycheque
a paycheque.

► Get a \$100 Bonus*
when you open a
THRIVE Chequing™
Account and switch
your payroll.



I'll take those in yellow, pink, and black, please. Economists say a stunning jump in Canadian retail sales in May points to stronger economic growth. KEITH BEATY/TORSTAR NEWS SERVICE FILE

Shopaholics' spending shocks economists

In the mood to splurge. Canadians indulged in some retail therapy, surprising experts and boosting expectations for economic growth

Canadian consumers went on a shopping spree in May, triggering a stunning jump in retail sales that will almost certainly help boost second-quarter economic growth beyond expectations.

The raw numbers surprised economists, who had expected a modest 0.4 per cent bump. Instead, Statistics Canada said the retail sector in May boosted sales five times that, by 1.9 per cent, to \$40.4 billion.

Particularly meaningful for gross domestic product growth, sales in volume terms also expanded by 1.9 per cent, meaning the increase was not related to currency fluctuations.

"It's hard to say what happened. Everything went right,

it seems," said Jimmy Jean, an economist with Desjardins Capital Markets.

"We're probably seeing a little bit of catch-up because since 2011 sales have been almost flat. In the first quarter we had consumer spending rising 0.9 per cent (annualized). It was one of the weakest numbers since the recession."

For the second quarter which began in April, however, retail sales are tacking at an eight per cent clip in volume terms. **THE CANADIAN PRESS**

Law. Companies may face suits for overseas incidents

Three lawsuits against a Canadian mining company over alleged shootings and gang rapes at a Guatemalan project will be allowed to proceed in Canada following a ruling that makes it possible for firms to face liability at home for incidents that occur overseas.

Lawyers for the plaintiffs, 13 Mayan Guatemalans, said the decision is a "wake-up call" for Canadian companies about their responsibilities at

foreign mining projects.

"This step in the case uses existing legal rules that have not been applied in this way before," lawyer Murray Klippenstein said in an interview. "Companies operating abroad, need to take a very, very, serious look at the possibility ... that shenanigans abroad that they thought would never result in liability may result in accountability in Canadian courts."

THE CANADIAN PRESS

Sorry, college kids. Bank of Mom and Dad is closed

Grants and scholarships are taking the lead in paying college bills, surpassing the traditional role parents long have played in helping foot the bills, according to a report from loan giant Sallie Mae.

College costs are driving decisions about which schools to attend, what to study once there and even where to live. While the recession has largely passed, economic worries have not

and many families are making college choices driven by fears of tuition hikes and job losses, according to the survey.

"Parents are willing to stretch themselves," said Sarah Ducich, Sallie Mae's senior vice-president for public policy. "It's not that they're willing to pay. It's that their income is not keeping up."

THE ASSOCIATED PRESS

Ongoing tiff

Finance minister enters credit card fees dispute

The federal finance minister is stepping into a fee dispute between merchants and the big credit card companies after the Competition Tribunal sided with Visa and MasterCard. Jim Flaherty will convene a special meeting of the government's FinPay Committee. **THE CANADIAN PRESS**

Market Minute

DOLLAR
97.23¢ US (+0.56¢)

TSX
12,745.38 (-13)

OIL
\$107.23 US (+0.29¢)

GOLD
\$1,334.70 US (-\$1.30)

Natural gas: \$3.74 US (+0.7¢)
Dow Jones: 15,567.74 (+22.19)

SHAMING THE COUCH CRITICS

The way I see it, our culture is separated into two groups: Those who do, and those who watch. While most of us would rather be 'doing' even half of the things we're 'watching,' it's much safer to sit on high horses atop ivory towers in glass houses throwing stones and pointing fingers and such. It's like playing a game of truth or dare, only when it's our turn, we pass. How wonderful it is to keep our secrets hidden while watching others exposed, sitting in judgement, silently thanking the heavens that no one video-taped that drunken night in Thailand with the woman you can't be sure really was.

Hence our fascination with reality TV. We've gone from being spectators to a society of shameless voyeurs.

And though I try to be, I am no better. There was never enough alcohol to make me watch Jersey Shore, and every



JUST SAYIN'
Mike Benhaim
Guest columnist

brief foray into an episode of Keeping Up With The Kardashians ended with me rocking back and forth in the fetal position praying for Armageddon. But I have watched my share of these shows, and the stench of that shame still lingers.

Even worse is the news. Reality stars sign releases, but when the media gets hold of a real scandal, look out! When it was discovered that Tiger Woods was having extra-marital affairs, even the male newscasters sanctimoniously shook their heads in disappointment. Really? Where's Heidi Fleiss when you need her?

Now I don't condone cheating, but most men are barely shocked when a friend bangs the cafeteria lady at the YMCA, let alone a celebrity athlete shagging an exotic swimsuit model. Ladies, there are many respectable men out there, but at least a portion of every day is occupied by fantasies best unshared. Yet when someone acts on them and gets busted on Cheaters,

you can turn to your wife and say, "That's shameful."

And how many of us can sing as well as contestants on The Voice or American Idol? It doesn't stop us from critiquing their choice of arrangement or pitch. The couch is the new judges' bench.

Until recently, viewership has always been about the vicarious thrill of those we could only dream of emulating athletes, superheroes, models or rock stars. Now we spend our time peering into the dysfunction of people whose lives make us feel better about our own. That is, until we discover we've made them rich. Yeah, it's one thing watching strangers pinpoint their child's paternity on Maury Povich, but it's quite another when Honey Boo-Boo moves into the house next door. That's when we collectively unleash that torrent of negative energy that ultimately begs for their failure.

Again, I stand among you, guilty of the very transgressions I denounce. I simply wonder if our collective karma is not better served 'watching' what inspires our highest 'doing,' and affecting change from there. Just sayin'.

Paul Sullivan will return July 31.

ZOOM

It's a ribbiting piece of art



JOHANNES STÖTTER/BNPS/REX FEATURES

Baring it all for a photo shoot

It looks like a colourful tropical tree frog but on closer inspection you can see five human models adorned with body paint posing in dramatic forms so as to appear like a wondrous amphibian. Italian-born artist Johannes Stötter spends up to five months painstakingly planning and perfecting each work.

METRO

Adapting to canvas

Stötter, whose creations won him the World Bodypainting Festival title, said the key to success is to know when to pause and reflect on what to paint.

"If I paint on the model non-stop, I can't tell if the work is good or not. I have to pause and think. This is where the surprising elements of a warm and alive skin-canvas emerge and I see how to adapt the artwork." METRO

Artist's viewpoint



"The biggest challenge is to create the artwork in a beautiful but fast manner. I use people and not a canvas, so I can't spend days on end painting."

Johannes Stötter
Bodypainting artist from South Tyrol, in Italy

Painstaking painting

8

hours is how long Stötter takes to complete each work of art using special breathable paint. Stötter added: "While a canvas painting lasts forever, a bodypainting exists only for a few hours. That makes the work even more special and visually powerful."

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

As cycling season is in full swing, so too is bike-theft season. In an effort to ensure that 'nooooooo' moment, when you realize your bike is gone, never happens, we've looked into digital tools to stash in your pannier to keep your ride safe.



MARCO GOMEZ

Spike Bike

Kind of like Find my iPhone, but for your bike. A small GPS device attaches to your bike (under the seat, behind a water bottle cage or somewhere else discreet) and lets you track your bike through your phone. You can also track your own rides, which you can brag about later to your friends using Spike Bike.

Bikeshepherd.org

Not only can you register your ride on Bike Shepherd, you can also buy tags that can help recover your bike if it does succumb to the lock-cutting

hands of bike thieves. While the tags help you find your stolen bike, they also act kind of like a neighbourhood watch sign, or guard dog to dissuade thieves from pulling the fast one in the first place.

Racklove

Based out of San Francisco ("ground zero for bike thieves"), this bike-loving community is a place where people can not only buy and sell bikes, but also lets you set an alert if your bike matches one that appears on an online ad. While it works in the U.S., they're still building the network up here.

Twitter

@metropicks asked: Should cyclists be ticketed for riding on the sidewalk, or is the road too dangerous?

@fajnamartago: Car hitting a person is much more deadly than a cyclist hitting a person on the sidewalk. For this reason- No ticket.

@BikeBikeYYC: Sidewalk cycling is an indicator that more (any?!) bike infrastructure needs to be built.

@ruebyretro: Yes, with a focus on those who do so with complete disregard for pedestrians including bells & speed.

@BikeBikeYYC: IMO these "sidewalk bikelanes" add to the confusion about where to ride and also create danger for ppl

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: reginaletters@metronews.ca

Analysis

What's old is new with Wolverine



IN FOCUS
Richard Crouse
scene@metronews.ca

Other than Captain Canuck, Wolverine is the best known superhero to hail from the Great White North.

According to his comic book backstory he was born in 19th century Canada — Northern Alberta to be exact — and served in the First Canadian Parachute Battalion before being recruited by Team X, a CIA black-ops group. When movie fans first encountered the character, however, little was known about him.

At the beginning of the original X-Men movie he was suffering from memory loss and couldn't remember how he became a superhero with retractable bone claws, made of the near indestructible metal alloy adamantium bonded to his skeleton and a healing ability that allows him to quickly recover from virtually any wound, disease or toxin.

This weekend The Wolverine continues the story, although star Hugh Jackman is quick to point out that it is not a sequel.

"With an all-new cast and setting it in Japan, it's going to give us a whole new visual aesthetic," he told Total Film.

With this film, Jackman emerges as the first actor to play a comic book hero in more than four consecutive films since Christopher Reeve as Superman.

Learning to do what you need to do to get done

Interview. Aubrey Plaza talks about how her new film, *The To Do List*, is putting a fresh take on an old theme — people losing their virginity



NED EHRBAR
Metro World News in Hollywood

For Aubrey Plaza, discussing her new film, *The To Do List*, offers far too many opportunities for oversharing. The '90s-set film follows Brandy (Plaza), a type-A brainiac determined to start college sexually experienced by way of a detailed — if unromantic — list of activities to check off. And Plaza is having trouble keeping her own list to herself.

Considering the sexual frankness of the film, how awkward have the interviews gotten?

People keep trying to trick me into telling them about my first sexual experiences, and then I almost am like, "Well, when I was ... wait a minute! I don't need to tell you that. That's for my own brain to remember." For some reason this movie kind of makes you think that it makes sense to ask about (this). But no, nothing's been awkward, except for me because I'm always awkward in interviews.

Do you find it weird or insulting that Hollywood



The *To Do List* flips the script on the story of young people trying to lose their virginity. HANDOUT

always acts so surprised when a female-focused comedy does well?

Yeah, I feel that. I don't know why. There's just as many women as there are guys, so you would think that it wouldn't be shocking that there's a female audience and that there's people out there interested in seeing female-centric movies.

Do you think *The To Do List* would work in a contemporary setting?

I think there could be a story about a girl going through her firsts, because I think that's just a universal thing that happens,

but I don't think this story could be told in 2013 for many different reasons. This movie was set in a time when people didn't Google everything and people weren't figuring things out online, which I think is the case nowadays. Who knows what teenagers are doing these days. I don't know. I mean, I'm 29 and I feel totally out of touch.

Things have changed at such a rapid pace that who knows how people are learning anything or where they're getting their information.

It's great to see a movie

taking the awkward teenage sexual experience, which is usually told as a guy's story, and showing the girls' side.

Being frank about sexual things? I know. That's one of the reasons that I wanted to do the movie, because I'd never really read anything that truthfully explored that time in a girl's life, just a really frank portrayal of a girl figuring out how to do really simple things — well, I don't know if they're simple. Just really basic sexual acts. I don't know, everything I say sounds wrong (laughs). Just make me sound better and smarter.



Dahong Investments Group Inc.

Office: 306-992-3255

Fax: 306-993-1939

107 Albert St., Regina, SK Canada S4R 3B8

Doors • Security Cams • Electrical
Windows • Showers • Cabinets
Bidets • Counter Tops

Call for a **FREE** estimate

URGENTLY HIRING — Dahong Investments currently has full time openings for the following positions:

— 8 Roofers \$20/hr — 8 Painters \$18/hr
— 6 Carpenters \$22/hr — 6 Floor Installers \$20/hr.
— 6 Drywall Installers \$22/hr

All permanent 40hr/week, WCB included.
Must have 3+ yrs exp. Resumes to info@dahong.ca





Penelope Cruz

Penelope Cruz's baby tries to upstage the royals

Kate Middleton wasn't the only famous woman having a baby Monday, as Penelope Cruz reportedly welcomed her second child with husband Javier Bardem, accord-

ing to Hola.

Cruz reportedly gave birth to a baby girl at Madrid's Ruber Hospital. Cruz and Bardem also have a two-year-old son, Leonardo.



Kanye West

Kanye West receives support after fight with photographer

While Kanye West is being investigated by the LAPD in connection to his brawl with a paparazzo outside LAX over the weekend, he at least can count Kirstie Alley as an ardent supporter.

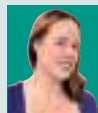
The Dancing with the

Stars alum tweeted out her support of Kanye West's actions.

"I love that Kanye went all whack on that a—hat paparazzi," she posted. "I applaud anyone who takes a swing at (them)."

The Word

Amanda Bynes having one of those good news weeks



THE WORD

Dorothy Robinson
scene@metronews.ca

I have tried to keep Amanda Bynes out of The Word because she's obviously mentally unstable and her highjinks are more sad and disturbing than amusing. However, this item caught my eye: The former actress is now being hospitalized for setting a fire in the driveway of a stranger's home in Thousand Oaks,



Calif.

The cops investigated the former child-star-turned-Gremlin and determined she needed to be hospitalized on a 5150 hold, which

is an involuntary hospitalization for mental evaluation that lasts 72 hours.

So this is good news. Maybe she will now get the help she needs because it appears she has other problems.

Bynes has reportedly jeopardized the last important relationship she has left by allegedly stealing from her pot dealer, according to Radar Online.

"Amanda's dealer used her bathroom while he was there and she jacked his weed," a source says of the troubled NYC-based actress.

As a result, the dealer has reportedly dropped Bynes as a client.

"He won't go to her anymore," the source says.

So, maybe this is more good news.



Lindsay Lohan.

ALL PHOTOS GETTY IMAGES

Lohan ready to get on with her life post-rehab

Lindsay Lohan is due to end her latest stint in rehab next Monday, and in preparation she's reportedly looking to do away with as many bad influences as she can, according to Radar Online.

"She has not been this good in a long, long time. She's come 180 degrees from where she was. It's amazing," a source says.

"It's very clear to her now who she needs in her life and who she needs to keep out of her life."



Sacha Baron Cohen

He will, he will, quit now

After years of planning and development, Sacha Baron Cohen has reportedly scrapped plans to portray Queen front-man Freddie Mercury on the big screen, exiting the film due to creative differences with the surviving members of Queen, according to Deadline. Cohen was reportedly hoping for an edgier portrayal of the late singer for the film, which was first announced in 2010, while the band members are leaning toward a more family-friendly, PG-rated account.

HILL AUTO

a division of Hill Consulting

2006 CHEV UPLANDER LT v6, auto, air, tilt, cruise, pw pl, cd player, seating for 7 dual sliding doors, quad seating, 150km \$6,500	2002 CADILLAC STS V8, auto, air, tilt, cruise, leather, beautiful inside and out! 160 km, One owner! \$9,300	2003 OLDS ALERO 4 door, auto, air, tilt, cruise, pw pl, cd player, 180 km nice and clean. \$4,995
2007 CHEV COLORADO LT EXT CAB 4X4 auto, air, tilt, cruise, pw pl, cd player, ready to go! 170 km \$13,500	2006 FORD F150 CREW CAB 4X4 V8, auto, air, tilt, cruise, pw pl, cd player, clean local truck! 150km \$13,500	2006 GMC SERRIA SLT crew cab 4x4, 6.6 L Duramax, leather, sun roof, beautiful inside and out! \$18,500

Call Peter 306.775.3473
Visit us at 3101 Sask. Drive

Check us out!

Countdown to Glasgow 2014

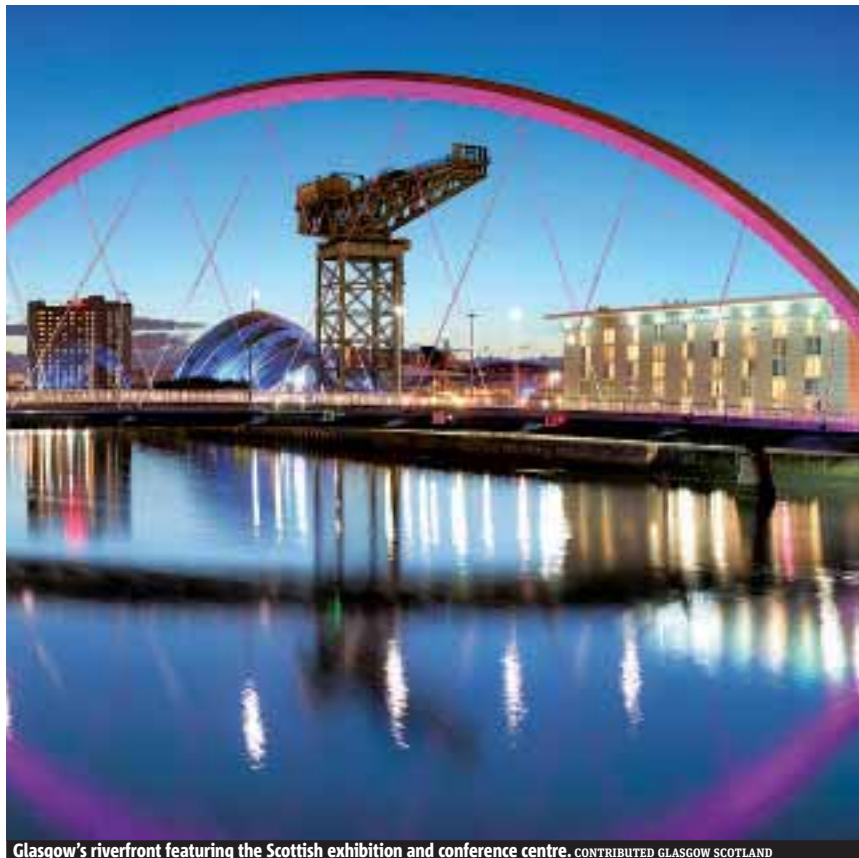
Commonwealth Games. Scotland's largest city gears up to host thousands of elite athletes next summer

KATHY
BUCKWORTH
life@metronews.ca

In one year, on July 23, for the first time, Glasgow, Scotland will welcome more than 6,500 athletes and team of officials to the 2014 Commonwealth Games. While rival city Edinburgh has hosted twice, the people of Glasgow are excited to put their own unique stamp on this elite athletic competition, which will run until Aug. 3, 2014.

"From the beginning, the Commonwealth Games has not just been about the sport, but the arts, and the community as well," says Kate McCheyne, Public Relations Manager for the games. While the athletes themselves won't descend upon the city until July 2014, the venues which will be used for the events will all have been completed, or refurbished, a full year before the games, allowing the community to enjoy the facilities before and, most importantly, after the games.

This is a sentiment reinforced by John Egan, of GlasgowLife, who is responsible for the management of the Sir Chris Hoy velodrome, where both the cycling and badminton events will be held. "There's a misconception that the velodrome was built just for these games," he said of the facility, which opened in October, 2012, "But



Glasgow's riverfront featuring the Scottish exhibition and conference centre. CONTRIBUTED GLASGOW SCOTLAND

it was built for Glaswegians." Since the doors opened, (as of time of writing) at least 130,000 locals have passed through the doors to take advantage not only of the cycling track, but the state of the art gym (supplied with Technogym equipment, supplier to the Olympics). Sports are an integral part of the city, with an estimated 10,000 jobs in the field.

But it's not just the residents of Glasgow who are embracing the spirit of the games. When the call for vol-

unteers went out, more than 50,000 applied from across the U.K., with only 15,000 to be in the final selection.

Accessibility is also a key theme for the games. One million tickets will be on sale from Aug. 19 to Sept. 16, both online and via paper application, and can be paid for either online, or via cheque or postal order, which is very unusual in today's electronic ticketing world. Tickets will be priced as low as \$23.73, and at half price for children, with "babes in arms" (under

two years) free of charge.

There is very much a youth focus on the games, with half of the athletes under the age of 25. The games mascot, Clyde, was chosen out of a contest open only to children, and out of 4,000 applicants, won by a 12 year-old girl after rounds of blind judging.

The Glasgow 2014 tartan was designed by Aamir Mehmood, an arts student who beat out thousands of entries from more than 300 schools, and the digital media game has proven a hit with

If you go...

- Visit glasgow2014.com for tickets and information. For information on accommodations and on the city of Glasgow and its wide choice of tourist attractions, visit seeglasgow.com.

young fans. And for the first time, the volunteer age has been dropped to 16.

The Games has learned many valuable lessons from their Olympic counterparts, and many team members from the Glasgow Commonwealth Games shadowed their counterparts in London to learn. One of the main complaints about the London Olympics (my own personally, being over there at the time) was that tickets were not readily available, many of them having been given to corporate sponsors.

This frustration was compounded by the fact that sponsors did not utilize the tickets, and scalping or reselling of tickets was heavily enforced, leaving many empty seats in venues. In Glasgow, 70 per cent of tickets for each event are guaranteed to go to the public.

Unlike the Olympics and its Torch Run, which includes many torches, the Queen's Baton Relay of the Commonwealth Games is just one baton, which will have a message inserted in it, to the athletes, from the Queen.

The baton is run person to person across all Commonwealth nations, including a jaunt in Canada scheduled for April 26 (cities to be announced).

Summer

Last minute family fun



ON THE
MOVE
Loren Christie
life@metronews.ca

Still hoping to squeeze in a vacation with the kids this summer? Consider a quick getaway to some of these classic family fun destinations.

Situated on the Passamaquoddy Bay, St. Andrew's-by-the-Sea, N.B., is an historic town offering numerous ways

to fill your days. Consider going on a whale watching tour, getting suited up in a tailor-made bike kilt and touring the area with Kurt Gumushel's Off Kilter Biking Tours or snack on a lobster roll as you watch the world's highest tides from the patio of a waterside cafe. The landmark Algonquin Hotel has just re-opened its main building and grounds including swimming pool, tennis courts and golf course, after a year of massive renovations.

Blue Mountain resort area near Collingwood, Ont., is a bustling and quaint Tyrolean style village full of shops,

restaurants and attractions. In addition to more traditional pastimes like golfing and mountain hikes, you can go caving in the Scenic Caves, sign up for a Segway tour, ride the Ridge Runner Mountain coaster or take advantage of the resort's newest offering, The Thunderbird Twin Zip; an 800-metre twin zip line that will take you from the top of the escarpment to the valley below.

Banff is promoting more classic offerings like hiking, biking and rafting this summer. Due to the town's location within Banff National



Take in scenery in St. Andrew's-by-the-Sea, N.B. ISTOCK

Park, you can connect with spectacular mountain wilderness. Hikes up Tunnel Mountain, in Johnston Canyon and to the Lake Agnes Teahouse in Lake Louise are suitable for many ages and abilities. Scenic roadways and trails for those who prefer to explore

on two wheels include The Legacy Trail between Banff and Canmore or simply explore the paths along the Bow River. If you prefer to be on the water, I loved the float trip down the Bow River with Banff Rocky Mountain Raft Tours.

Veggies take centre stage on the grill

Roasted Garlic

1. Heat grill to medium, with one side prepped for indirect heat.

2. Remove outer layer of papery skin from garlic. Slice off top 1/2 inch from pointed top of garlic head. Set garlic, cut side up, on large square of foil. Drizzle with the olive oil, then wrap foil up and over the garlic to form a loose packet.

3. Set garlic over cooler side of the grill and cook 40 minutes, or until the cloves are golden-brown and soft. Remove from the grill and let cool. To remove the cloves, simply squeeze the entire head (or each clove) and the cloves should pop out of their skins. Set aside until ready to make garlic mayo.

Sandwiches

1. Prepare and heat a gas or charcoal grill for high heat, direct grilling.

2. Place red and yellow bell peppers on grill grate and cook, turning frequently, until skin is charred all over, about 5 minutes per side. Use tongs to

Grilled Veggie Sandwich with Roasted Garlic Mayo



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

remove peppers from grill and place in a large bowl. Cover the bowl tightly with plastic wrap. Set aside for 30 minutes. After

30 minutes, the skins should slip easily off the peppers. Slice them open, remove the seeds, then cut into large strips.

3. In bowl, mix vinegar, olive oil, rosemary and a bit each of salt and pepper. Add pepper strips, turning to coat, and set aside to marinate for at least 30 minutes.

4. When ready to grill, return the grill to high heat.

5. Set the mushrooms and zucchini in a large bowl. Pour the marinade off the peppers and onto the zucchini and mushrooms, tossing them lightly to coat well.

6. Grill the mushrooms, grill side up, for 8 to 10 minutes, then flip and grill for another minute, or until completely tender. Grill the zucchini slices for 3 minutes per side.

7. Split rolls in half. Brush the cut sides lightly with oil. Place cut side down on grill for 2 to 3 minutes, or until golden brown.

8. Meanwhile, in a small bowl, mix together the garlic and mayonnaise until smooth. When the rolls are toasted, assemble the sandwiches by spreading both sides with garlic

Ingredients

Roasted garlic

- 1 head garlic
- 2 tsp olive oil

Sandwiches

- 2 each red and yellow bell peppers
- 1/2 cup balsamic vinegar
- 1/4 cup olive oil, plus more for the rolls
- 1 tsp dried rosemary
- Kosher salt and black pepper
- 6 large portobello mushrooms, stems removed
- 1 medium zucchini, cut into 6 long strips
- 6 kaiser or onion rolls
- Head of roasted garlic
- 1/2 cup mayonnaise
- 1 bunch fresh basil, leaves only
- 1/2 lb chunk Parmigiano-Reggiano cheese, thinly sliced with a vegetable peeler

mayonnaise, then layering on the mushrooms, zucchini, peppers, basil leaves and cheese. Season with salt and pepper, if desired. **THE ASSOCIATED PRESS/ ELIZABETH KARMEI, AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED.**

Drink of the Week

Mango Basil Lemonade

This exotic and refreshing recipe is perfect for a summer party on the patio.

- 1.5 oz Hennessy V.S
- 1 oz fresh lemon juice
- .5 oz mango purée
- .5 oz simple syrup
- Soda water to top
- Basil leaf and lemon wheel to garnish

Shake all liquid ingredients except soda water and strain into a Collins glass with fresh ice.

Top with soda water and garnish with a basil leaf and a lemon wheel.

RECIPE AND PHOTO COURTESY OF HENNESSY



Fuss-free crepes — yes, they really do exist

1. In a small skillet over low heat, cook the butter until it starts to turn brown and smell nutty. Transfer the butter to a blender, then add the milk, eggs, cornmeal, flour and salt. Blend just until smooth. Transfer the mixture to a bowl and let rest for 30 minutes.

2. While the batter is resting, in a medium saucepan over low heat, combine the wine, sugar and vanilla bean. Cook, stirring

occasionally, until the sugar is dissolved. (If using vanilla extract, add it to the fruit after the fruit has cooked for 20 minutes.) Add the fruit, bring the mixture to a boil, then reduce heat to a simmer, cover and cook for 20 minutes.

3. While the fruit is poaching, make the crepes. Mist a 10-inch non-stick skillet with cooking spray. Heat over medium heat.

4. Stir the crepe batter and quickly pour 1/4 cup of it into the skillet, tilting the batter in the pan to make sure that the bottom is completely covered. Cook the crepe until it is lightly browned on the bottom, about 1 minute. Flip, cook for another 30 seconds, then transfer it to a rack to cool. Repeat with the remaining batter to produce 8 crepes. Once cooled, the crepes can be stacked. Set them aside.

5. After the fruit has poached for 20 minutes, use a slotted spoon to transfer it to a bowl, making sure to leave most of the cooking liquid in the sauce-



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

pan. Scrape the seeds inside the vanilla bean out with the tip of a paring knife and add them to the fruit.

6. Bring the cooking liquid remaining in the saucepan to a boil and cook it until it is reduced to about 1/2 cup. Transfer the liquid to a small pitcher and return the fruit to the pan. Heat over medium until hot.

7. To assemble the crepes: Mound a bit of the fruit filling down the middle of each of the crepes, then roll up. Arrange the filled crepes, seam side down, on dessert plates, then drizzle them with the reduced sauce and top with 2 tablespoons of the yogurt. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS**

Dinner. Rotini with Fresh Tomatoes, Aromatic Herb Pesto & Ricotta Salata



1. Bring a large pot of water to a boil. Cook pasta according to package directions.

2. While pasta is cooking, in a large skillet, sauté tomatoes in 1 tablespoon olive oil.

3. Combine all dry ingredients, including garlic, in blender. Pulse for 10 seconds or until finely chopped.

4. Drizzle in remaining olive oil and a few ice cubes slowly to create the pesto. Place pesto in bowl and add 1/2 cup pasta cooking liquid. Drain pasta and toss with pesto and tomatoes. Top with shredded cheese. Season with salt and

pepper. **NEWS CANADA/ BARILLA.CA**

Ingredients

- 1 pkg Barilla PLUS rotini
- 4 plum tomatoes, diced
- 2 tbsp, plus extra virgin olive oil
- 1 clove garlic
- 3 sprigs marjoram
- 3 sprigs oregano
- 6 leaves basil
- 1 tbsp parsley
- 3 sprigs thyme
- 1/4 cup walnuts
- Few ice cubes
- 1/4 cup skim or nonfat ricotta salata, shredded
- Salt and black pepper

Ingredients

- 2 tbsp unsalted butter
- 1 cup 1% milk
- 2 large eggs
- 1/4 cup cornmeal, preferably stone ground
- 1/2 cup whole-wheat flour
- Pinch table salt
- 3/4 cup dry white wine
- 1/3 cup sugar
- 1 vanilla bean, split lengthwise (or 2 tsp vanilla extract)
- 6 cups, pitted and cubed fresh summer fruit, such as nectarines, plums and peaches
- 3/4 cup non-fat vanilla yogurt

Hello, my name is Future Hire

A meeting of mass construction. How to make the very most of your first conference experience

JESSICA
CRUZ
TalentEgg.ca

The word conference sounded nerve-racking, intimidating and “too professional” to me as a fresh university student.

In second year, I received a Facebook event invitation from a student group hosting a conference at our school. My first thoughts were about business suits, business cards and business etiquette — no place for a second year communications and writing student like myself. The conference tagline emphasized entrepreneurship, business and technology. None of my friends wanted to go, so I decided to let the opportunity pass. A few days later, I opened an email in my inbox that mentioned free tickets to the



Aside from that free cup of coffee, you might just pick up a new career plan. ISTOCK

conference. I emailed back, not knowing the new doors that would soon open.

Luckily, I knew a few of

the conference committee members, who introduced me to other people. I picked up a name tag, registration

Words of wisdom

What's the point of inspirational talks? That's what I thought at first. I had the power to choose which talks I attended

- The program booklets usually have speaker and topic descriptions. Even if it's something you don't know about, give it a try.

- The quality of experience that these professionals bring to these talks gives valuable knowledge that cannot be found in the classroom.

- I also found it helpful to introduce myself to the speakers and follow up with them.

bag and schedule. I looked at the schedule. There were different categories in different rooms with different breakout sessions including marketing, entrepreneurship and design. Their sponsors list also showed companies in fields I was interested in. I planned my day based on the speaker profiles and learned many new things during the day.

Networking

The important thing is to ask questions. At first, I talked to everyone and gave them all my business card and added them all on LinkedIn. Over the past couple of years, I have learned to maintain contacts with a small number of people (as

they say, “quality over quantity”). It never hurts to start up a conversation with the speakers, employees or other conference delegates. Everybody attended for a reason and you never know who can help you. The key is strategic networking and singling out which companies and resources will be most beneficial.

Company showcases

Company showcases offer students with more opportunities to network. Start-ups, non-profit organizations and large businesses that attend these events are looking to hire students. If not, they wouldn't be there. I learned about new opportunities in marketing

and design. I also learned about creative recruitment agencies, something I didn't even know existed before.

Making valuable connections

Keep business cards and contact information on you. If you don't have a business card, make a simple one with your name, program and expected degree. It's an easy way to give your contact information during quick interactions as chances are other people may swarm the person you talked to.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Give me a break and I'll mind my own business

You can't have one without the other. Why taking a vacation is just as important as taking that next call

MEGHAN
GRAEVES
TalentEgg.ca

Did you know that 40 per cent of the Canadian workforce is

feeling the effects of vacation deprivation? And that more than 50 per cent of young Canadian workers are feeling it too (the highest rate for all age categories)? This is just some of what this year's Annual Deprivation study found when surveying Canadian workers from coast to coast.

To find out what's behind these numbers and what career-hatchers can do to prevent themselves from feeling the negative effects of vacation dep-

riation, we talked with Beverly Beuermann-King, a health and wellness professional and work-life balance expert who was a key player in the study.

Why work-life balance is important

“Finding work-life balance is especially difficult for students and new grads as they're used to having irregular schedules,” Beuermann-King explains. “What do we see most of when life is out of balance or we've

been pushing ourselves for too long? More headaches, indigestion, muscle aches and sleep problems.”

Though it's possible to keep this pace up for a bit, eventually things start to catch up. These problems become more chronic and start to take their toll on our systems in the form of diabetes, obesity and depression.

Achieving that balance

One way to achieve a work-life



Knowing what you need out of a vacation is key to re-energizing. Whether you need relaxation, fun, adventure, entertainment or leisure, plan your vacation to meet your needs. ISTOCK

balance, Beuermann-King says, is to talk with your employer about their wellness policies. Ask about their thoughts on vacation time and how they make sure employees don't get burned out. Be aware that talking with your employer about their wellness policies is just one step of the process, though. You still need to be making sure that you're eating properly, getting enough rest and being active to keep your body and mind healthy.

Vacation deprivation and new grads

Vacation deprivation is when you're not using all of your

vacation time or when you feel as though you don't have enough time off. According to the study, vacation deprivation rates were highest in young Canadian workers.

Beuermann-King believes the younger generation is feeling it the most because we're new to the workforce and haven't accumulated very much time off yet. We also have a very different view of the workplace than older generations.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

WESTAR

iRepair iStuff

iPhone | iPod | iPad | Laptop Screen Repairs

iPhone, iPod, iPad,
Laptop Screen Repair
All Can Be Repaired At Westar!

We Repair iPhone 5!



P 306 545 2600 123@westar.ca 1101 J Kramer Blvd
F 306 545 8992 www.westar.ca Regina, SK S4S 5W4

First Canada is expanding and is offering these exceptional driving opportunities in Regina:

- School Bus Drivers
- Para Transit Drivers
- Industrial Drivers

Call today

306-721-4499

www.firststudentcanada.com

We are an equal opportunity employer.

First Canada



Emile Griffith

Former world champ dead at 75

Emile Griffith, the elegant world champion whose career was overshadowed by the fatal beating he gave Bennie Paret in a 1962 title bout that darkened all of boxing, died Tuesday. He was 75.

Griffith struggled with pugilistic dementia and required full-time care late in life. He was the first boxer from the U.S. Virgin Islands to become world champion and was inducted into the Hall of Fame in 1990.

Griffith knocked out Paret on March 24, 1962, in the 12th round to regain the welterweight title.

Paret went into a coma and died from his injuries 10 days later.

Sports Illustrated reported in 2005 that Griffith may have been fuelled by an anti-gay slur directed at him by Paret during the weigh-in. Over the years, Griffith described himself at various times as straight, gay and bisexual.

THE ASSOCIATED PRESS

CFL

Ticats release trio following big loss

Linebacker Markeith Knowlton, the CFL's outstanding defensive player in 2010, was released Tuesday by the Hamilton Tiger-Cats. Also let go were defensive backs James Patrick and Terrance Parks.

The moves come following Hamilton's lopsided 37-0 road loss to the Saskatchewan Roughriders on Sunday. The Ticats (1-3) host Saskatchewan (4-0) at Alumni Stadium in Guelph, Ont., on Saturday.

THE CANADIAN PRESS

NHL

Jersey signs Jagr to shore up offence

The New Jersey Devils have signed forward Jaromir Jagr to make up for some of the scoring lost with the recent retirement of Ilya Kovalchuk.

Devils general manager Lou Lamoriello announced the signing Tuesday. The one-year contract is worth \$2 million US.

Jagr, 41, split last season with the Dallas Stars and Boston Bruins, scoring a combined 16 goals and 19 assists in 45 games.

THE ASSOCIATED PRESS

Players rub salt on Braun's 'black eye'

MLB. Colleagues not jumping up to defend former NL MVP

Protective no more, baseball players are downright disgusted these days with doping.

Now they are demanding even stiffer suspensions for those caught cheating.

"It's a new generation of athletes that are standing up," Travis Tygart, chief executive of the U.S. Anti-Doping Agency, said Tuesday. "The culture's been flipped on its head."

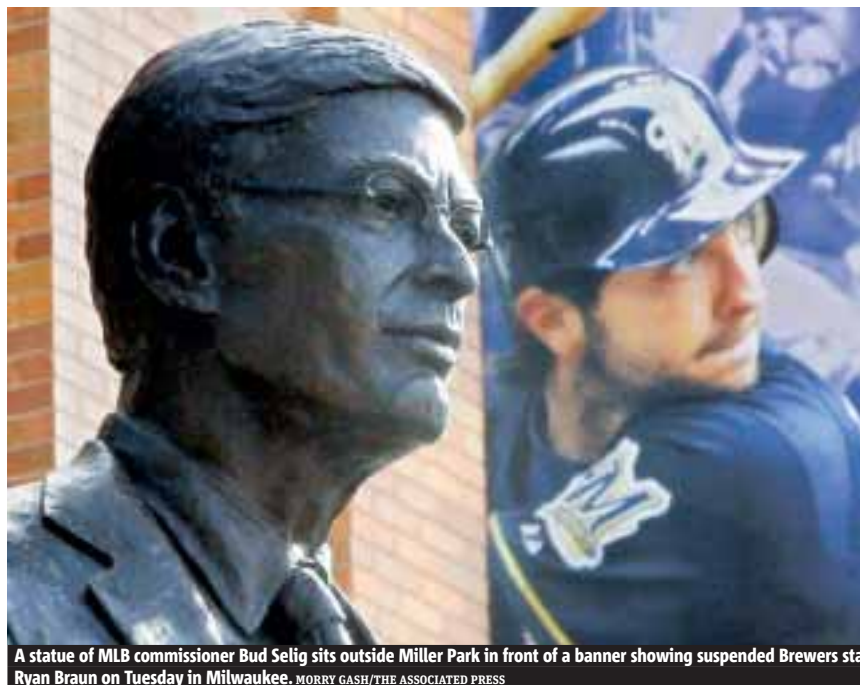
When Ryan Braun accepted a season-ending 65-game suspension Monday rather than fight Major League Baseball over evidence he used performance-enhancing drugs, fellow players appeared tired of those who cast shadows on the sport.

"They're lying to the fans," Los Angeles Angels pitcher C.J. Wilson said. "They're lying to their teammates. They're lying to their GMs, their owners, and they're going to get caught."

Skip Schumaker of the Los Angeles Dodgers said Braun let him down.

"Watching him talk right now makes me sick," Schumaker said. "I have an autographed Braun jersey in my baseball room that I'll be taking down. I don't want my son identifying what I've worked so hard to get to and work so hard to have — I don't want him comparing Braun to me."

Matt Kemp of the Dodgers, who finished second to Braun in the 2011 NL MVP vote, said the Milwaukee slugger should be stripped of the honour.



A statue of MLB commissioner Bud Selig sits outside Miller Park in front of a banner showing suspended Brewers star Ryan Braun on Tuesday in Milwaukee. MORRY GASH/THE ASSOCIATED PRESS

A-Rod not out of the woods

New York Yankee Alex Rodriguez could face a much harsher penalty, a person familiar with the case said, speaking on condition of anonymity.

- The Yankees anticipate Rodriguez could be accused of using PEDs over multiple seasons, of recruiting other

athletes for the clinic, of attempting to obstruct MLB's investigation, and of not being truthful in the past when discussing his relationship with Dr. Anthony Galea, who pleaded guilty two years ago to a U.S. federal charge of bringing unapproved drugs from Canada into the U.S.

"We had conversations, and I considered him a friend," Kemp said. "I don't think any-

body likes to be lied to, and I feel like a lot of people have felt, betrayed."

One strike, you're out

"In my opinion, he should be suspended — lifetime ban."

L.A. Dodgers outfielder Skip Schumaker, on Ryan Braun.

Yankees manager Joe Girardi said Braun was guilty.

"You don't accept a deal unless you're guilty," he said.

"It's another black eye for our game... There's been a lot of scandals over the years, but you get tired of it," Girardi added.

THE ASSOCIATED PRESS

Riders reap rewards of 4-0 start



Darian Durant won offensive player of the week honours on Tuesday. GETTY IMAGES

Quarterback Darian Durant was named the CFL's offensive player of the week after guiding the unbeaten Saskatchewan Roughriders to their fourth straight win.

Durant had 347 yards passing and four TDs in Saskatchewan's lopsided 37-0 home win over Hamilton on Sunday. The victory left the Roughriders (4-0) as the CFL's only unbeaten squad.

Riders linebacker Renaud Williams was named the top defensive player after recording two sacks and three

tackles against Hamilton. Williams, a former Ticat, leads the Riders in sacks with five.

Saskatchewan receiver Rob Bagg captured top Canadian honours. The native of Kingston, Ont., had five catches for 125 yards and two touchdowns versus Hamilton.

Calgary Stampeders kicker Rene Paredes is the top special-teams player for the second straight week. Paredes hit four field goals in a 38-27 win over Montreal and has made 37 straight attempts.

THE CANADIAN PRESS

Unconventional yet irresistible

Autopilot. Nissan's DeltaWing exits early but wins more fans at Canadian racing debut



AUTO PILOT
Mike Goetz
drive@metronews.ca

If you've ever wondered, like I have, what the world's most interesting man might drive if he raced cars, then wonder no more. The answer is Nissan's DeltaWing, the world's most interesting racing car.

DeltaWing made its Canadian racing debut at last weekend's ALMS series stop at Mosport (now officially called Canadian Tire Motorsport Park). As predicted, it immediately became the crowd favourite, from when it first showed up at practice Thursday morning to when it retired early, on lap 15, during Sunday's race. The early retirement, due to low engine oil pressure, was a shame, because the first of its co-drivers, Andy Meyrick, had DeltaWing running second at the time and looking really good for a strong finish, something that's been hard to come by this season for DeltaWing.

Of course, DeltaWing gets its notoriety from being "not like the others."

DeltaWing looks like a rocket laid sideways — small front, big rear. Most racecars look like they're ready to eat corners. The DeltaWing looks like it would rather not turn, thank you. It looks the way it does because of its unique mission — to win endurance races by using half the fuel and half the tire material of a "regular" LMP1 class Le Mans racer.

DeltaWing's



The DeltaWing's extreme aerodynamics are courtesy of its rocket-like stylings. BOTH PHOTOS RICK DOLE

engineers believe this is possible because they've designed the car to have half the aerodynamic drag and half the weight of a current LMP1 or LMP2 racer (1,000 pounds versus 2,000 pounds). This means DeltaWing can do its racing thing with a smallish engine.

For this year's American Le Mans Series (ALMS) campaign, it's fitted with a turbo-charged four-cylinder 1.9-litre engine producing about 350 horsepower. By way of contrast, the overall winner of Sunday's race, the Muscle Milk Pickett Racing ARX-03, is powered by a Honda Racing 3.4-litre V8, making close to 600 horsepower.

Pre-practice on Thursday, I asked Andy Meyrick if he ever got used to the sight of the DeltaWing, or does it still freak him out? "It's become normal now, I love it," says Meyrick. "(Co-driver) Katherine (Legge) and I call it our little baby."

You'd think those closely-spaced front tires aren't going to

give you much cornering bite, but you'd be wrong. Meyrick says it's actually a pleasure to drive, mostly because it's so light.

"It changes direction easily, and you don't get the huge weight distribution and subsequent pitch in the car. So (you) just have to get used to how it feels. Very nimble. And with low drag we keep accelerating all the way down the straightaway." Racing DeltaWing is certainly challenging in one regard — it's still a work in progress, and in need of constant development. But Meyrick says the team enjoys the challenge and believes the process ultimately makes the team and the car stronger. It looks different, but Meyrick notes that many of history's greatest racecars have also challenged conventional views — it's what they do.

"DeltaWing really challenges the way we go racing," says Meyrick. So while DeltaWing may now challenge our conception of a go-fast car, who knows how "normal" it might become in the future. Notes



Bird's eye view of DeltaWing.

Meyrick: "The numbers speak for themselves and the fans love it."



novus
AUTO GLASS REPAIR & REPLACEMENT

STONE CHIP REPAIR
SERVICE AVAILABLE WITH
NO APPOINTMENT
NECESSARY



Novus now offers a **NEW 2,000 sq ft bay** for on-site glass replacement of all types of industrial machinery, including large semi-tractors and RVs.

novus@sasktel.net • www.novusregina.com • 260 ALBERT STREET • 306.525.6444

Horoscopes

♈ Aries

March 21 - April 20

Don't reveal too much about what you are planning. Certain things should remain a secret, no matter how much you might want friends to know. Don't clam up completely but be careful what you say.

♉ Taurus

April 21 - May 21

As Venus, planet of love and beauty, is moving through the most dynamic area of your chart, you can be sure that opportunities to be creative and to have fun will come thick and fast. Don't ignore them.

♊ Gemini

May 22 - June 21

Family problems are not nearly as bad as you think. A little more understanding on your part will go a long way towards healing emotional rifts.

♋ Cancer

June 22 - July 23

There is something you need to let go of, something that has become a burden. What that something is only you know for sure but now is the time to get rid of it. You will feel an incredible sense of release.

♌ Leo

July 24 - Aug. 23

Sit back and marvel at all the wonderful things that come your way. Even when you do have to make an effort, helpful activity in the money area of your chart will make it easy for you to turn ideas into cash.

♍ Virgo

Aug. 24 - Sept. 23

You want to indulge, and there is no reason why you should not. Take care you don't indulge to an extent that leaves nothing to yearn for tomorrow. You can have too much.

♎ Libra

Sept. 24 - Oct. 23

If you are happy on the inside you will be happy on the outside, so think only loving, happy thoughts over the next 24 hours. Look on the bright side in everything you do.

♏ Scorpio

Oct. 24 - Nov. 22

If someone offers you something you have been craving, take it. There's no catch involved. They simply want to do something that makes your life more exciting.

♐ Sagittarius

Nov. 23 - Dec. 21

Someone in authority has taken a liking to you and will go out of their way to smooth your path to success. You don't have to do anything special, just carry on doing what you've been doing recently.

♑ Capricorn

Dec. 22 - Jan. 20

You have so much to look forward to, so much to be happy about, so try to be a bit more relaxed. Sometimes you can be a bit too serious, a bit too tense. Lighten up. Life is supposed to be enjoyed.

♒ Aquarius

Jan. 21 - Feb. 19

Good news about your financial situation is not far. So stop worrying about dollars and cents. Money will come to you when you most need it, from sources old and new.

♓ Pisces

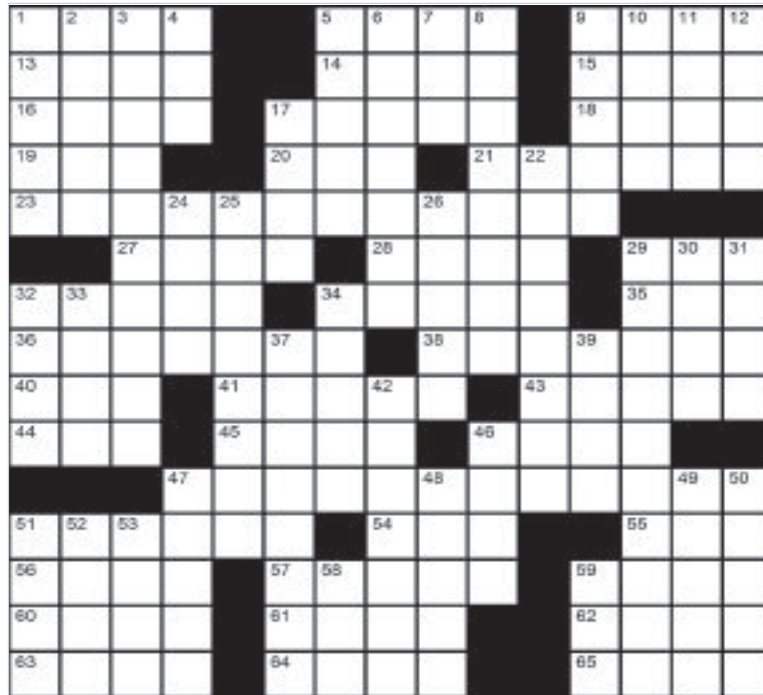
Feb. 20 - March 20

You may not want to ask for assistance but you know you must. With Venus now moving through the partnership area of your chart, you will get all the help you need — and then some. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Golden sunburst beams
- Commissioner Gordon's force in comics [acronym]
- Green hue
- "I had no ___." (Really?)
- Mixture
- S-shaped moulding
- Period of calmness
- Was a bee, used its pain-inflicter
- River of Russia
- M's spelled-out preceder
- Friend: French
- Actress Gail
- TSX company identifiers: 2 wds.
- Problems
- Fuss
- Eating-spot-with-trays, for short
- Eucharist bread plate
- Poet of ancient Greece
- Whoopi Goldberg's Oscar-winning role, ___ Mae Brown
- Movie poison
- More concise
- ___-Mex (Cuisine style)
- Zodiac creatures
- Bid
- ___ Lanka
- Actress Ms. Hudson
- Bigger than big



- Rocky Mountain ledge grazer which is Alberta's provincial mammal: 2 wds.
- Sound system sort
- Midweek day, for short
- Street surfacing
- Psychedelic light, ___ lamp
- Eggs: French

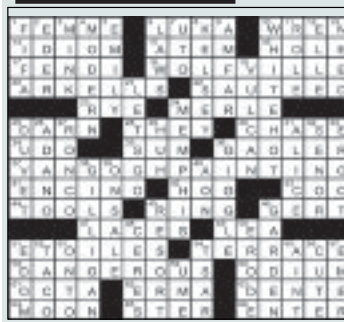
Down

- Gets to
- Music genre, ___ Contemporary
- Joni Mitchell song: "Big ___"
- Mr. Mineo
- George Harrison hit: "___ Mind Set on You"
- ___-fame

- Debit card holder's li'l code
- Well-intentioned sort
- Days: French
- Taj Mahal's site
- Exhausted
- Moray-like
- Back talk
- Canada, ___ and Free

- Filmmakers Joel and Ethan, ___ Brothers
- T-Bird member in "Grease" (1978)
- Exploding devices
- Mike Myers SNL sketch, "___ with Linda Richman"
- 'Chick' suffix
- Jamie of "M*A*S*H"
- Takes for agents, for short
- Sure-saying sailor
- Moor shrub
- RCD = Royal Canadian ___
- Alphabetic sequence
- Scandinavia-set epic tale
- Palm places, puny-ly
- Kraft, Aero or Tide, etc.
- Look up
- Bird of Jove
- The Canadian ___ (News agency)
- Concrete chunk
- Gentle
- Balanced
- Shuffled up vowels
- "Norma ___" (1979)

Yesterday's Crossword

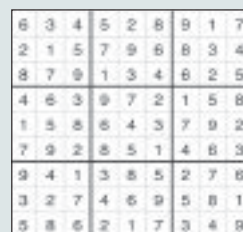


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

21°/12°

Variable

Thursday

20°/11°

Variable

Your #1 weather forecast now available in HD.

Check your local listings for details.

The Weather Network HD

©The Weather Network 2013

visit **metronews.ca**

EMPLOYEE PRICING

Sarah M. and her uncle Tony R.
Ford Employee Ford Retiree

Bill H. and his son Greg H.
Ford Retiree Ford Employee

WE'VE ALWAYS SHARED OUR PASSION.
NOW WE'RE SHARING OUR PRICE.[†]

\$14,000*

IN TOTAL PRICE ADJUSTMENTS
On most new 2013 models
(F-150 SuperCrew Platinum 4x4 5.0L amount shown)


**PAYLOAD
POWER[‡]
TOWING[‡]**

Titanium model shown

2013 FOCUS S

5.5L/100km 51MPG HWY**

Employee Price Adjustment /// \$620

Delivery Allowance	///	\$250
---------------------------	-----	-------

Total Price Adjustments ///	\$870
------------------------------------	-------

SHARE OUR
EMPLOYEE
PRICE

\$16,779*

OR OWN FOR ONLY _____

\$99⁺⁺@1.99% PURCHASE
FINANCING FOR
84 MONTHS
APR

BI-WEEKLY

NOW WITH \$0 DOWN | OFFERS INCLUDE FREIGHT AND AIR TAX.

WELL EQUIPPED WITH: 160hp 2.0L I-4 Engine /// Air Conditioning
/// Remote Keyless Entry System **AND MUCH MORE.**



Titanium model shown

2013 ESCAPE SE

6.0L/100km 47MPG HWY**

Total Price Adjustments /// \$2019

SHARE CLUB

SHARE OUR
EMPLOYEE

\$24,880*

PRICE ————— \$3.95

OR LEASE AN ESCAPE SE AWD 2.0L FOR ONLY

\$299^{*}@0% FOR 36 MONTHS
APR

PER MONTH

WITH \$750 DOWN | OFFERS EXCLUDE FREIGHT AND AIR TAX

WELL EQUIPPED WITH: MyFord® with 4" Colour Display
/// Air Conditioning /// Active Grille Shutters **AND MUCH MORE.**



Platinum model shown

2013 F-150 XLT

10.6L/100km 27MPG HWY**

Employee Price Adjustment /// \$4,423

Delivery Allowance	///	\$7250
--------------------	-----	--------

Total Price Adjustments ///	\$11,673
------------------------------------	----------

SHARE OUR
EMPLOYEE
PRICE

\$27,526*

OR LEASE FOR ONLY _____

\$335[^]@0.99%_{APR} FOR 24 MONTHS

PER MONTH

WITH \$1,500 DOWN | OFFERS EXCLUDE FREIGHT AND AIR TAX

WELL EQUIPPED WITH: 17" Machined Aluminum Wheels
/// AdvanceTrac® with RSC® /// Trailer Sway Control
AND MUCH MORE.



Go Further
| prairieford.ca |

SiriusXM
Available in most new
Ford vehicles with
6-month pre-paid
subscription